

FOR PERFECT OMELET

DISH REQUIRES MUCH CARE IN ITS PREPARATION.

Proper Amount of Yolks and Whites is Important, and Knife Should Never Be Used in Serving—Must Be Eaten at Once.

The art of making an omelet is an exact and delicate one, requiring judgment and regard to several "principles" of egg cooking.

The pan should be thin, as quick cooking is of prime importance.

To make a tender omelet, the number of yolks should exceed the number of whites.

Up to 1840 the number of yolks was twice that of the whites, but more whites now enter into French recipes. But if there is too much white left, no art can prevent an omelet from being too hard.

The egg omelet must not be liquid at all, but barely set.

In serving, a spoon or fork must be used. A knife ruins its texture.

For a French omelet break the eggs into a bowl, add as many teaspoonfuls of water as there are eggs, counting two yolks as one egg. For each three eggs add one-quarter of a teaspoonful of salt and a dash of pepper. If six eggs are used, three whites are better than four whole, quality, not quantity, is preferred. Beat them with a fork until a spoonful can be lifted as if it were liquid without clinging to the rest.

Put in a tablespoonful of butter and melt in a thin pan, strain the egg into it, set on a hot part of the range and as soon as the edges begin to cook separate them from the edge of the pan with a thin knife or spatula; slowly, and gently, rock the pan back and forth so that the uncooked portion runs down next the pan, until the whole is creamy. Now commence the art of rolling. On the side next the handle start the roll, curling it over gently and letting the pan rest a moment on each curve long enough to brown it lightly, and turn on a hot platter to be eaten without standing and losing a degree of heat. Cool omelet is ruined omelet.

For a three-egg omelet the formula is two whole eggs, two yolks of eggs, three tablespoonfuls of milk or one tablespoonful of water, pepper and salt.

In poaching eggs the bottom of the skillet should be brushed with oil, then partly fill with boiling water that is not allowed to boil or simmer after slipping the egg in from the cup into which it has been first broken. If the water is slightly salted and a teaspoonful of vinegar added, it is an improvement. The eggs must not be old or the white will dissolve. Forty-eight hours after laying gives the best results in poaching. Let the yolk be nearly covered and do not disturb until the albumen has set. Remove with a skimmer.

Fish Rissoles.

To a plate of cold fish add one-third as much bread crumbs, one finely minced boiled onion, the yolks of two eggs and one tablespoonful of butter. Season to taste.

Make a rich paste and cut it into two-inch squares. Place a tablespoonful of the fish mixture on each square and fold with the pastry. Wet the edges with well-beaten egg and fry the triangles in boiling fat. Garnish with parsley and slices of lemon.

Codfish Wriggle.

Pick up a cup of codfish, place in saucepan with enough cold water to cover, let come to boiling point; drain and cover with cold water again; turn off as before. Thicken a pint of milk as for cream toast, seasoning well with pepper, salt and butter; now add the fish and half a can of peas and let all boil up. Have ready some nicely browned French fried potatoes and turn the cream, fish, etc., over them.

Brown Spice Cakes.

Cream one-quarter cup butter, add gradually one-half cup sugar, the beaten yolks of two eggs and one-third cup molasses, sift together one and one-half cups flour, one-fourth cup cocoa, one-half teaspoonful soda, one teaspoonful cream of tartar, one teaspoonful each of cinnamon and mace, one-half teaspoonful nutmeg, one-fourth of clove; add flour to the creamed mixture alternately with one-half cup cold black coffee. Last fold in the whites of the eggs beaten until dry.

Oil Window Cords.

To lengthen the usefulness of window cords, after dusting them rub them thoroughly with a well-greased rag. This prevents friction which weakens and finally breaks the cords, which are also affected by the sun and atmosphere.

Rinse Pan First.

To prevent milk from burning rinse the saucepan in clean, cold water before pouring the milk in it. It is also more easily cleaned when it is so rinsed beforehand.

IF BACK HURTS CLEAN KIDNEYS WITH SALTS

Drink Lots of Water and Stop Eating Meat for a While if the Bladder Bothers You.

Meat forms uric acid which excites and overworks the kidneys in their efforts to filter it from the system. Regular eaters of meat must flush the kidneys occasionally. You must relieve them like you relieve your bowels; removing all the acids, waste and poison, else you feel a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment; the channels often get irritated, obliging you to get up two or three times during the night.

To neutralize these irritating acids and flush off the body's urinous waste get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine and bladder disorders disappear. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive; harmless and makes a delightful effervescent lithia-water drink which millions of men and women take now and then, thus avoiding serious kidney and bladder diseases.—Adv.

Just Hungry.

"I've tried all kinds of health foods, but none of them seem to fit my case." "What is it you are troubled with?" "An appetite."—Minneapolis Journal.

ENDS DYSPEPSIA, INDIGESTION, GAS

"Pape's Diapepsin" cures sick, sour stomachs in five minutes—Time It!

"Really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction.

It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of a sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

Also the Canal Zone.

Teacher—How many zones are there, Bobbie?

Bobbie—Oh, a whole lot. There's one torrid, two temperate, two frigid and a whole lot of postal zones.

ECZEMA ITCHED AND BURNED

Falmouth, Ky.—"Two years ago I was troubled with skin and scalp troubles. I would have pimples that would break out and form sores on my face and head, with terrible itching. The eczema on my face and head itched and burned and when I scratched it, it made sores and I was very disfigured for the time being. My head became so sore I could not touch it with a comb; it became a mass of sores. My hair fell out gradually.

"I was afflicted about a year before I used Cuticura Soap and Ointment and after using them three weeks I was getting better and in less than three months, after using eight cakes of Cuticura Soap and five boxes of Cuticura Ointment, I was completely cured of eczema." (Signed) Frank Vastine, Dec. 12, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with \$2-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

Exactly.

"What do you think of the top in my new farce?"

"Oh, he's a dandy character."

"BOUND FOR WESTERN CANADA"

A PRAIRIE SCHOONER SLOGAN, THAT STARTED FROM NEBRASKA.

Four horses abreast attached to a red painted prairie schooner, with windows and a protruding stovepipe, with the words, "Bound for Canada," on the schooner's side, was the object of considerable interest as it passed on the way northward from Nebraska a short time ago through the towns in Nebraska, South and North Dakota. After some weeks of strenuous traveling in this way, Mr. J. F. Jensen made the overland trip from Jameson, Nebraska, and with his little family made the regular customs entry at North Portal, in the province of Saskatchewan. Their destination was Willow Bunch, a district that Mr. Jensen had selected as one in which it was possible for him to work out his fortune. He located on a good half section of land, and intended putting on it some cattle that would fatten on the wild prairie grass that grows so luxuriously in that district. In addition to this his purpose was to cultivate a portion of it and raise wheat, oats, barley or flax. In short, a life devoted to mixed farming was what he had in view and it is easy to understand that he will make a success of it, and in a year or so will attach some more land holdings.

Although his beginning may be small, it may safely be said that Mr. Jensen, like thousands of others who have begun life in western Canada on no more and with probably much less, will prosper. He will not be far from a line of railway. Schools will be close at hand and other social conditions so necessary in a new country are available.—Advertisement.

Truly an Edition de Luxe.

The most sumptuous copy of Shakespeare's "Romeo and Juliet" in existence is being sent from this country in a few days to a purchaser abroad. The value of the book is between \$5,000 and \$7,500. It has been reproduced as an illuminated manuscript on vellum, and the volume is notable as being the entire work of one artist, Alberto Sangorski, who has been engaged upon it for 18 months. The title is spelled in pearls set in gold, and the cover is further embellished with 214 rubies and 36 amethysts. Altogether 400 precious stones are imbedded in the cover, each in a setting of gold.

SAGE TEA DARKENS GRAY HAIR TO ANY SHADE. TRY IT!

Keep Your Locks Youthful, Dark, Glossy and Thick With Common Garden Sage and Sulphur.

When you darken your hair with Sage Tea and Sulphur, no one can tell, because it's done so naturally, so evenly. Preparing this mixture, though, at home is messy and troublesome. For 50 cents you can buy at any drug store the ready-to-use tonic called "Wyeth's Sage and Sulphur Hair Remedy." You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning all gray hair disappears, and, after another application or two, your hair becomes beautifully darkened, glossy and luxuriant. You will also discover dandruff is gone and hair has stopped falling.

Gray, faded hair, though no disgrace, is a sign of old age, and as we all desire a youthful and attractive appearance, get busy at once with Wyeth's Sage and Sulphur and look years younger.—Adv.

Roman Stitch.

Roman stitch is used only in conventional work and is used for covering leaves or the petals of a flower with a mid-rib. Begin the stitch at the top and work from side to side, bringing the floss well down on the rib each time. After the stitch is brought down to the center secure it with a cross stitch. Each stitch is fastened before the next one is taken and the tiny cross stitches in the center form the vein of the leaf.—Christian Science Monitor.

No Wonder.

"He slipped up on that article." "What was the subject?" "Icy Pavements."

Any man who can make money can make friends, but he can't always keep either.

Putnam Fadeless Dyes do not stain the hands. Adv.

Nothing jolts a mean man like a dose of his own medicine.

A Message To Women

Those of Middle Age Especially.

When you have found no remedy for the horrors that oppress you during change of life, when through the long hours of the day it seems as though your back would break, when your head aches constantly, you are nervous, depressed and suffer from those dreadful bearing down pains, don't forget that Lydia E. Pinkham's Vegetable Compound is the safest and surest remedy, and has carried hundreds of women safely through this critical period.

Read what these three women say:

From Mrs. Hornung, Buffalo, N. Y.

BUFFALO, N. Y.—"I am writing to let you know how much your medicine has done for me. I failed terribly during the last winter and summer and every one remarked about my appearance. I suffered from a female trouble and always had pains in my back, no appetite and at times was very weak.

"I was visiting at a friend's house one day and she thought I needed Lydia E. Pinkham's Vegetable Compound. I took it and have gained eight pounds, have a good appetite and am feeling better every day. Everybody is asking me what I am doing and I recommend Lydia E. Pinkham's Vegetable Compound. You may publish this letter if you wish and I hope others who have the same complaint will see it and get health from your medicine as I did."—Mrs. A. HORNUNG, 91 Stanton St., Buffalo, N. Y.

Was A Blessing To This Woman.

So. RICHMOND, VA.—"I was troubled with a bearing down pain and a female weakness and could not stand long on my feet. Of all the medicines I took nothing helped me like Lydia E. Pinkham's Vegetable Compound. I am now regular and am getting along fine. I cannot praise the Compound too much. It has been a blessing to me and I hope it will be to other women."—Mrs. D. TYLER, 23 West Clopton St., South Richmond, Va.

Pains in Side, Could Hardly Stand.

LODI, WIS.—"I was in a bad condition, suffering from a female trouble, and I had such pains in my sides I could hardly move. Before I had taken the whole of one bottle of Lydia E. Pinkham's Vegetable Compound I felt better, and now I am well and can do a good day's work. I tell everybody what your medicine has done for me."—Mrs. JOHN THOMPSON, Lodi, Wisconsin.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs, it has restored so many suffering women to health.



Write to LYDIA E. PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice.

Your letter will be opened, read and answered by a woman and held in strict confidence.

The Retort Spiteful.

"I'd have you know, madam, that my family has a clean record." "If it hasn't, my dear Mrs. Climber, it ought to have, since I understand your grandmother was a laundress."

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* in Use For Over 30 Years. Children Cry for Fletcher's Castoria

No Civility.

"This is what they call a civil suit." "You'd never think it to hear the way the lawyers are talking to each other."

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules, easy to take. Do not gripe. Adv.

If people were as good as their obituaries the recording angel would soon be looking for another job.

Red Cross Ball Blue will wash double as many clothes as any other. Don't put your money into any other. Adv.

When in doubt it's a good plan to tell the truth.

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.

Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Wm. Wood

Soda Fountain

Soda Fountain: We have made up ready for prompt shipment 6, 8, 10, 12 and 30 ft. front system, pump service outfit, new and slightly used, at a big saving in price on easy monthly payments. The Grosman Co., Inc., Dallas, Tex.

3500 Acres Ranch with 100 acre farm. Clean \$10,000.00 a year. Can be bought for \$2,000.00 with cash. Part cash, balance time. Write HENNESSEY LAND COMPANY, BRADY, TEX.

Pettit's Eye Salve

FOR ALL SORE EYES

W. N. U., Oklahoma City, No. 13-1914.

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless chill Tonic

Is Equally Valuable as a General Strengthening Tonic, Because it Acts on the Liver, Drives Out Malaria, Enriches the Blood and Builds Up the Whole System.

You know what you are taking when you take Grove's Tasteless chill Tonic, as the formula is printed on every label, showing that it contains the well-known tonic properties of QUININE and IRON. It has no equal for Malaria, Chills and Fever, Weakness, General Debility and Loss of Appetite. Gives life and vigor to Nursing Mothers and Pale, Sickly Children. A True Tonic and Sure Appetizer. For grown people and children. Guaranteed by your Druggist. We mean it. 50c.

Death Lurks In A Weak Heart

If Yours is fluttering or weak, use "RENOVINE." Made by Van Vleet-Mansfield Drug Co., Memphis, Tenn. Price \$1.00